

January Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		31	1	2	3
		NO SCHOOL	NO SCHOOL	Croissant, Peaches & Milk	Waffles, Sliced Apples & Milk
Lunch				Chicken Patty Sandwich, Pears, Seasoned Peas & Milk. Vegetarian: Veggie Patty Sandwich	Spaghetti, Corn, Mixed Fruit & Milk. Vegetarian: N/A
Afternoon Snack				Graham Crackers with Sunflower Butter & Water	Blueberry Muffin, Pineapple & Water
PM Snack				Pretzels & 100% Juice	Nutri-Grain Bar and 100% Juice
Breakfast	6	7	8	9	10
	Cheese Toast, Strawberries & Milk	Oatmeal, Peaches & Milk	Orange Rolls, Pineapple & Milk	Waffles, Mixed Fruit & Milk	French Toast, Peaches & Milk
Lunch	Cheese Ravioli, Broccoli, Mandarin Oranges & Milk. Vegetarian: N/A	Chicken Nuggets, Steamed Carrots, Applesauce & Milk. Vegetarian: Veggie Nuggets	Chili with Beans, Seasoned Green Beans, Pears & Milk. Vegetarian: N/A	Cheesy Baked Ziti, Carrot Sticks, Apples & Milk. Vegetarian: N/A	Chicken Enchiladas, Salad with dressing, Pineapple & Milk. Vegetarian: Cheesy Enchiladas
Afternoon Snack	Cucumbers with Ranch, Cheddar Saltines & Water (Under 2: Saltines and 100% Juice)	Crispy Wheat Thins, Cream Cheese & Water	Cinnamon Toast, Peaches & Water	Animal Crackers w/ Mandarin Oranges & Water	String Cheese w/ Crackers & Water
PM Snack	Cheddar Goldfish & 100% Juice	Pretzels & 100% Juice	Chocolate Bears & 100% Juice	Nutri-Grain Bar & 100% Juice	Trail Mix & 100% Juice
Breakfast	13	14	15	16	17
	English Muffins, Bananas & Milk	Biscuits with Jelly, Apples & Milk	Hashbrowns, Mango & Milk	Strawberry Yogurt, Toast, Peaches & Milk	Blueberry Muffin, Pineapple & Milk
Lunch	Cheeseburger on a Whole Wheat Bun, Seasoned Carrots, Pears & Milk. Vegetarian: Cheese on a Whole Wheat Bun	Cheese Quesadillas, Seasoned Peas, Tropical Fruit & Milk. Vegetarian: N/A	Turkey and Cheese with Ranch Wrap, Seasoned Baby Spinach, Mandarin Oranges & Milk. Vegetarian: Cheese Wrap	Mac n Cheese, Seasoned Corn, Applesauce & Milk. Vegetarian: N/A	Herb- Seasoned Chicken, Cinnamon Carrots, Pears & Milk. Vegetarian: Veggie Bites
Afternoon Snack	Hummus with Pita Bread & Water	Saltines and Sliced Cheese & Water	Rocky Road Pudding with Graham Cracker Crumble & Water	Baked Apple Halves, Crackers & Water	Strawberry Yogurt, Vanilla Wafers & Water
PM Snack	Ritz & 100% Juice	Cheddar Chex & 100% Juice	Vanilla Wafers & 100% Juice	Cereal Bar & 100% Juice	Wheat Thins & 100% Juice

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Breakfast	20 Cinnamon Roll, Apples & Milk	21 Corn Flakes, Mandarin Oranges & Milk	22 Croissant w/ Cheese, Pears & Milk	23 Toasted Oats Cereal, Banana & Milk	24 French Toast, Pineapple & Milk
Lunch	Chicken Biryani, Broccoli, Mixed Fruit & Milk. Vegetarian: Veggie Nuggets	Grilled Cheese Sandwiches, Seasoned Carrots, Peaches & Milk. Vegetarian: N/A	Lentil Soup, Crackers, Apples & Milk. Vegetarian: Veggie Pasta	Kung Pao Chicken, Seasoned Peas, Fresh Oranges & Milk. Vegetarian: Veggie Patty	Macaroni and Cheese, Seasoned Green Beans, Pears & Milk. Vegetarian: N/A
Afternoon Snack	Warms Pretzels with Cheese Sauce & Water	Cinnamon Muffin, Pineapple & Water	Mixed Fruit w/ Vanilla Wafers & Water	Cinnamon Applesauce w/ Cheddar Goldfish & Water	Toasted Oats Cereal w/ Golden Raisins & Water
PM Snack	Vanilla Wafers & 100% Juice	Pretzel Sticks & 100% Juice	Animal Crackers & 100% Juice	Graham Crackers & 100% Juice	Nutri-Grain Bar & 100% Juice
Breakfast	27 Biscuits, Mixed Fruit & Milk	28 Cheese Toast, Applesauce & Milk	29 Pancakes, Fruit & Milk	30 Cheese Grits, Mixed Fruit & Milk	31 Fluffy Pancakes, Peaches & Milk
Lunch	Chicken Lo Mein, Steamed Broccoli, Mandarin Oranges & Milk. Vegetarian: Hummus Wrap	BBQ Chicken Sub, Steamed Broccoli, Pineapple & Milk. Vegetarian: Veggie Patty	Pasta Alfredo, Seasoned Green Beans, Apples & Milk. Vegetarian: N/A	Taco Mac, Fresh Salad, Mandarin Oranges & Milk. Vegetarian: Veggie Taco Mac	Creamy Rice Bowl with Broccoli, Applesauce, Seasoned Green Beans & Milk. Vegetarian: N/A
Afternoon Snack	Blueberry Muffin w/ Peaches & Water	Pears w/ Cheddar Goldfish & Water	Hummus w/ Pita Bread & Water.	Cheese Toast & Water.	Toasted Oats Cereal with Pineapple and Water
PM Snack	Crackers & 100% Juice	Crispy Cereal Bar & 100% Juice	Pretzel Sticks & 100% Juice.	Cheddar Chex & 100% Juice.	Animal Crackers & 100% Juice